




# CHATHAM HEALTH & SWIM CLUB CLASS SCHEDULE WINTER 2012

MON	TUE	WED	THU	FRI	SAT
<b><u>CARDIO-MIX</u></b> <i>Cardio-kick, dance, arms</i> 8:00-9:00 A.M.	<b><u>YOGA</u></b> <i>Stretch &amp; balance</i> 8:00-9:00 A.M.	<b><u>CARDIO SURPRISE</u></b> <i>Interval, abs, cardio, stretching</i> 8:00-9:00 A.M.	<b><u>POSTURE-CORE</u></b> <i>Torso strength, abs, stretching</i> 8:00-9:00 A.M.	<b><u>CARDIO-MIX</u></b> <i>Cardio &amp; core, focus on arms</i> 8:00-9:00 A.M.	
<b><u>ROW AND GO</u></b> 9:30-10:30 A.M. *See fees below	<b><u>LITE FITNESS</u></b> 9:15-10:15 A.M.		<b><u>LITE FITNESS</u></b> 9:15-10:15 A.M.	<b><u>MEN'S CORE</u></b> 9:15-10:00 A.M.	<b><u>MEN'S STRETCH</u></b> 8:00-8:45 A.M.
		<b><u>Row for Weight Loss</u></b> <i>Intervals and strength</i> 9:30-10:30 A.M.	<b><u>ROW AND GO</u></b> 10:30-11:30 A.M. * See fees below		
<b><u>AQUATIC EXERCISE</u></b> 9:30-10:30 A.M.	<b><u>WATER WALKING POOL CLASS</u></b>  2:00-3:00 P.M.	<b><u>AQUATIC EXERCISE</u></b> 9:30-10:30 A.M.	<b><u>WATER WALKING POOL CLASS</u></b>  2:00-3:00 P.M.	<b><u>AQUATIC EXERCISE</u></b> 9:30-10:30 A.M.	<b><u>INVIGORATING RESTORATIVE YOGA</u></b> 9:00-10:15A.M. *See fees below
<b><u>FUNCTIONAL STRENGTH</u></b> <i>Core pole, bands, wts.</i>  11:00-11:30 A.M.		<b><u>FUNCTIONAL STRENGTH</u></b> <i>Core pole, bands, wts.</i>  11:00-11:30 A.M.		<b><u>FUNCTIONAL STRENGTH</u></b> <i>Core pole, bands, wts.</i>  11:00-11:30 A.M.	<b><u>ROW AND GO</u></b> 10:30-11:30AM * See fees below
	<b><u>AQUATIC EXERCISE</u></b> 4:00-5:00 P.M.		<b><u>AQUATIC EXERCISE</u></b> 4:00-5:00 P.M.		
<b><u>CARDIO-MIX</u></b> <i>Cardio, abs, arms</i> 5:15-6:15 P.M.	<b><u>PILATES</u></b> <i>Core and stretching</i> 5:00-5:45 P.M.	<b><u>CARDIO-MIX</u></b> <i>Interval, glide, wts, balls</i> 5:15-6:15 P.M.	<b><u>RESTORATIVE YOGA</u></b> 5:00-6:15 P.M. *See fees below	<b><u>CARDIO-MIX</u></b> <i>Interval step, bars, wts</i> 5:15-6:15 P.M.	



\* Supervised by Carol Penfield NPc: 6-hr class time \$60 m/\$90 nm, Buy 12 get 1 class free!

\*Restorative Yoga = \$15 m/\$20 nm drop-in \*Row and Go = \$10 m/\$15 nm per class

Green Boxes = Weigh to Better Health FREE classes requiring weekly sign up.